

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Sunny Seed Snackers

Ingredients

- 2 Cups of Organic Sunflower Seeds
- 1 Red Onion Diced
- 1 Diced Tomato or 4 Sundried Tomato Halves sliced
- ½ Red Bell Pepper Diced
- ½ Cup Water
- 1 Cup of Flaxseed Meal (ground Flaxmeal seeds)



Instructions

Blend all ingredients in the order listed but add the Flax Meal after blending the rest of the ingredients. Pulse blender a few times to mix the meal into the mix. Add just enough water to create a firm 'cement mix'

Take 1/3 of the mixture and roll onto teflex paper getting a cracker thickness of a few millimetres. Score with the back of a knife into small cracker size shapes.

Dehydrate in a dehydrator for 8-12 hours turning after 3hrs and separating the snacks. You will know when they are done when they are firm and crispy.

Makes enough for two to three trays perhaps up to 36 Snackers depending on how wide your score them.